

THE VITAMIN SHOPPE®

**ONE DAILY
WOMEN'S 50+
NO IRON**

energy production^v

stress support^v

cardiovascular health^v

MULTIVITAMIN•MULTIMINERAL

Dietary Supplement **60** Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as beta carotene)	2250 mcg RAE (7500 IU)	250%
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)	250%
Vitamin E (as d-alpha tocopheryl succinate)	25 mg (30 IU)	170%
Vitamin K (as phytonadione)	45 mcg	40%
Thiamin (Vitamin B1)(as thiamin mononitrate)	10 mg	830%
Riboflavin (Vitamin B2)	10 mg	770%
Niacin (as niacinamide)	20 mg NE	125%
Vitamin B6 (as pyridoxine HCl)	20 mg	1180%
Folate	1360 mcg DFE (800 mcg folic acid)	340%
Vitamin B12 (as cyanocobalamin)	25 mcg	1040%
Biotin (as d-biotin)	600 mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Choline (as choline bitartrate)	50 mg	10%
Calcium (as calcium carbonate and dicalcium phosphate)	300 mg	25%
Iodine (from kelp)	150 mcg	100%

	Amount Per Serving	% Daily Value
Magnesium (as magnesium oxide)	200 mg	50%
Zinc (as zinc sulfate)	15 mg	140%
Selenium (as amino acid chelate)	55 mcg	100%
Copper (as copper sulfate)	1 mg	110%
Manganese (as manganese sulfate)	2 mg	90%
Chromium (as chromium picolinate)	120 mcg	340%
Molybdenum (as amino acid chelate)	75 mcg	170%
Chloride (as potassium chloride)	69 mg	3%
Potassium (as potassium chloride)	75 mg	<2%
Cranberry Concentrate	80 mg	*
Boron (as boron glycinate complex)	1 mg	*
Lutein	5 mg	*

*Daily Value not established.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

OTHER INGREDIENTS:

Microcrystalline cellulose, aqueous coating, croscarmellose sodium, stearic acid, magnesium stearate, silicon dioxide, riboflavin (for color), titanium dioxide (for color), spirulina extract (for color).

DOES NOT CONTAIN: Gluten, Salt, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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